

ABSTRACT

An apparatus and method are disclosed that allows multiple pieces of frozen dough to proof without heat or added humidity. The apparatus comprises a metal enclosure, devices to support trays of dough, and doors that allow access to the dough and to selectively open or close the enclosure, such that in the closed position the doors substantially seal the apparatus. Within the enclosure, the frozen dough is thawed, proofed, and held for controlled time periods at controlled temperatures while placed in a refrigerated chamber. A particular step may be accelerated under heat.

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